

we sit back and let the politicians and health administrators make all the decisions, we cannot complain when we have to comply with all the bureaucratic falderal that goes along with a service industry.

Speak out when others talk glibly about health care providers and how they are really all paid too much for what they do. Join your organized medicine components and let our collective voices be heard. We have seen what can be done when physicians cooperate toward common goals. We need all the physicians of Hawaii, working together, to send a message: "We are a profession and have pride in that profession."

In Unity there is Strength!



■ "I'm on the road over 70% of the year to Asia, the Middle East and Europe. Last year alone, I logged over 200,000 miles organizing conferences and seeking new contacts. ■ My entire staff and I count on American Express Travel for a number of reasons. Their response is instantaneous and their knowledge superb. I believe their international experience saves me both time and money on travel expenses. And my American Express Travel Counselor always sees to every detail, and has become an indispensable extension of my staff. ■ In my opinion I have the world's best travel agent working for the world's top notch travel company—American Express Travel."

**"Work Keeps Me On The Road Over 8 Months A Year.  
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## Mother's Day Poem

### Mahm

(Meaning Mother)

The sweetest word the world ever knew  
Is spoken by my son at his tender age, two.  
"Mahm," he says as he looks all about  
It's never whispered, and you won't hear him shout.

Perhaps it's request much more than greeting,  
And if there's no answer, he'll sure try repeating.  
"Mahm," he repeats 'till his goal is complete...  
But sometimes he says it just because it sounds sweet!

And *sweet* is that word, and sweet is its pitch...  
With clear intonation in sounds bright and rich.  
Immediate response is commanded by style...  
Not just complying...but with a big smile!


"Mahm," he says and points to his cup,  
Or holds up both arms, meaning, "please pick me up."  
Sometimes his "Mahm" means, "I want to go play,"  
Or "Please don't forget that at bedtime we pray."

But "Mahm" also clicks with his poem-penning Dad,  
Who scribbled these thoughts on a green "Post-it" pad.  
In searching for the essence of a word so profound  
I reached deep inside me...and here's what I found—

"Mahm" means the source of sweet loving care.  
It's the well spring of comfort and stuff *I too* share...  
Like beauty and warmth and ideas for fun...  
Trips to the beach, and protection from the sun.

And of thousands of things I surely could list -  
But even with that, there would be some I missed.  
So I'll sum up the meaning of this awesome word...  
"Mahm" means, "I love you," in case you haven't heard!

Robert Swaim Flowers  
And his son Christian, at Age 2



**American Heart  
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and Stroke

**If you are what you eat,  
why not cut back on fat?**